



HEALTH, SAFETY AND SECURITY TRAINING

Industrial Hygiene and Occupational Health Monitoring

3 day course

Classroom, online or in-house

Course overview

Chronic exposure to dust, noise, chemicals and heat causes far more long term harm than many acute incidents, yet it receives less attention on site because nothing visible happens on the day. This course covers managing it. Delegates work through anticipating and recognising exposures across a workplace, similar exposure groups and the sampling strategy that makes monitoring affordable, and measurement including instruments, calibration and sample handling. Interpretation against occupational exposure limits is covered, along with the uncertainty in a single result. Control follows the hierarchy, with ventilation and substitution before protective equipment. Medical surveillance and the interpretation of a change in an individual's results are addressed. The course closes on records, on legal reporting duties and on exposure information that follows a worker.

What you will learn

- Anticipate and recognise exposures across a workplace
- Define similar exposure groups and design a sampling strategy
- Measure exposures with correct instruments and sample handling
- Interpret results against exposure limits, allowing for uncertainty
- Control through ventilation and substitution before protective equipment
- Run medical surveillance and interpret an individual's changing results
- Keep records and meet reporting duties over a working life

Who should attend

- Occupational health nurses and officers
- Industrial hygienists and safety practitioners
- HSE managers in manufacturing and mining
- Environmental health officers
- Human resources and wellness staff

Course outline

- 01 Harm that shows nothing on the day
- 02 Anticipating and recognising exposures
- 03 Similar exposure groups
- 04 Sampling strategy and affordability
- 05 Instruments, calibration and sample handling
- 06 Interpretation against exposure limits
- 07 Control through ventilation and substitution
- 08 Medical surveillance, records and reporting duties

Upcoming dates

Dates	Venue	Format	Fee per delegate
4 to 6 November 2026	Online	Online	R6,500
11 to 13 November 2026	Durban, South Africa	Classroom	R14,950
2 to 4 December 2026	Dar es Salaam, Tanzania	Classroom	USD 995
9 to 11 December 2026	Kigali, Rwanda	Classroom	USD 995



Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriscience.co.za | Pretoria, Gauteng, South Africa